



STATEMENT
Insurance Agency

FOOD POISONING: THE FOUR C'S

INTRODUCTION

There are an estimated 48,000,000 cases of food poisoning/foodborne illness every year. The proper handling, storage and preparation of food is an extremely vital element in ensuring that people do not get food poisoning. Practicing the four c's will help to ensure safe food handling and preparation.



SYMPTOMS

Food poisoning symptoms can include, but are not limited to:

- Nausea
- Vomiting
- Stomach pains
- Diarrhea
- Weakness
- Fever
- Headache



CHILL

- Keep hot foods hot and cold foods cold.
- Follow package instructions, especially when it comes to keeping foods refrigerated.
- Thaw frozen foods in the refrigerator or in a microwave immediately prior to cooking.
- Never thaw frozen foods on the counter.

CLEAN

- Thoroughly wash your hands with warm, soapy water.
- Scrub cutting boards with hot, soapy water.
- Wash and thoroughly rinse utensils and cutting boards.
- Cover any cuts or skin abrasions on your hands.



Questions? Call 1-800-734-3574





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CROSS CONTAMINATION PREVENTION

- Keep raw and cooked foods separate.
- Use separate cutting boards and knives for produce and raw meats.
- Never rinse raw poultry.
- Discard used marinades.
- Use clean utensils and plates to remove cooked foods from grills and pans.
- Thaw frozen foods in the refrigerator in water-tight containers



COOK

- Use an accurate thermometer to measure the final internal temperature of meat.
- Measure the temperature in the thickest part of the food.
- Wash thermometers after each use.
- Wait until foods are completely cooked before taste testing.
- Rotate and stir food when using a microwave.



CONCLUSION

Many illnesses can be transmitted due to improper handling, storage and preparation of food. These guidelines have been established to ensure that the threat of food poisoning is minimized.

